



RESILIENCE IN A CHALLENGING WORLD RETREAT



SATURDAY, MARCH 9, 2024

Do you ever feel like you're barely keeping your head above water?
When life happens and changes occur, are you flexible and adaptable?

Are you able to embrace change and bounce back
from difficulties and hardships?

Do you often feel the need to control things in your life?

**If you resonate with any of the questions above,
this one-day retreat is designed for YOU.**

*Join me at this transformational retreat
and here's what you will experience and discover:*

- How resilience will help you to ride the waves of change
- Ways to strengthen your flexibility and adaptability muscles
- How to practice acceptance
- Tools to cultivate a strong belief in yourself and your abilities
- How it feels to let go of the need to control people and situations

RETREAT DETAILS

Date: Saturday, March 9, 2024 9:00 – 3:00

Lunch available at the University of St. Catherine Cafeteria

Location: Carondelet Center, Room 200A, 1890 Randolph Avenue, St Paul, MN 55105 | 651-696-2750 | www.carondeletcenter.org

Investment: \$149 - Early Bird Discount \$99 through January 31

To Register: Please contact Nancy at 612-245-5960 or visit
www.nancyjambor.com